



October is

Domestic Violence Awareness Month



Tip Sheet: *When You Suspect Domestic Abuse*



Your concern and support can help change a person's life.

✓ Listen without judgment

- Focus and listen fully to their words.
- Offer to sit with them when calling for information or reporting abuse.

✓ Let them know you believe them

- Help them feel comfortable about getting help.
- Let them know that abuse can happen to anyone, and it's not their fault.
- Tell them you're concerned about their safety and assistance is available.

✓ Support their decisions

- Respect the way they want to handle the situation.
- Encourage them to reach out for help and guidance.

✓ Ask what more you can do to help

- Know about resources like national hotlines or your installation Family Advocacy Program.
- Call Military OneSource for resource information.

✓ Seek out support for yourself if you need it

- Get help if you feel overwhelmed, helpless, frustrated, angry or guilty as you help a victim deal with domestic violence.



Take a stand to stop domestic violence and keep our community safe. Even simple actions can help protect victims and keep families safe.

If you or someone you know is being abused or in immediate danger, call 911.



**Speak up.
Know the warning signs.**

Abusive behavior

- Strict control – financial, social or victim's appearance
- Need for excessive contact – texts, calls
- Emotional abuse – put-downs, insults, humiliation
- Extreme jealousy
- Restricting partner's access to family or friends

Victim behavior

- Shows fear around a partner
- Frequent, last-minute change of plans
- Unexplained injuries with explanations that don't add up

Resources for Assistance

- [Family Advocacy Program](#)
- [Military OneSource](#) 800-342-9647
- National Domestic Violence Hotline 800-799-7233